

January's Gold Medal School of the Month

Quail Hollow Elementary

Principal: Jan Tanner

School Coordinators: Julie Baarstad and Sara Pellman

Mentor: Bobbie Christiansen

We began our program here at Quail Hollow Elementary with a bit of resistance. After brainstorming for an exciting challenge and a little school spirit, we came up with "The Race To The Nest." We made a bulletin board with a big nest on the top branch of a tree. Two quail sit in the nest waiting for their eggs to make it to the nest so they can hatch and be a family. There are eight eggs representing grades 1-6, faculty and P.T.A. Leaves going up the tree trunk represent increments of 5,000 miles. As students, faculty and the P.T.A. walk and exercise their eggs get closer and closer to Mom and Dad Quail waiting for them at the nest. Everyone is very excited about winning the race.

Along with the walking, Quail Hollow has started three new programs associated with Gold Medal Schools this year.

1. Teachers are no longer giving food or candy as rewards or incentives in the classroom. Teachers and volunteers are coming up with alternatives to reward our children with.
2. We have placed Gold Medal journals along with large conversion charts in each classroom for the students and faculty to record miles they have walked and record other activities they have converted into miles daily.
3. We have created our first ever Health and Fitness committee. A group of 7 energetic 6th graders, each a mentor for a different grade level and one for the Faculty. Their job is to motivate, encourage and track miles for the grade level they are responsible for. They go into each classroom weekly and collect miles logged in journals. They then bring those miles to the school coordinator who puts them into a master log where she keeps constant track of all miles walked. The school is updated weekly on which grade level is in the lead for that week.

It is a constant race to be in the lead at Quail Hollow as we work to go for the Gold!!!

